

LONDON metro

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TAKING CONTROL

DAY 2 OF METRO'S LOOK AT FIRST NATIONS SCHOOLS: DOES THE NEW ACT GET A PASSING GRADE?

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London cops charged after SIU probe

Ryan Hendrick, Gareth Harris charged with assault causing bodily harm for injuries a suspect sustained during a Nov. 2 arrest

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Lucky Londoner wins jackpot ... for second time

Robert McPhail claims \$1M win — 22 years after cashing in on \$500K

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College students gettin' their CheapON

Group launch online service designed to save Londoners at the grocery store

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Suspension could cost Knights



Anthony Stolarz statement on suspension: "I apologize for my actions on Tuesday night. It's an unfortunate situation and in no way did I intend to injure my opponent, Joshua Ho-Sang."

ANGELA MULLINS/METRO

OHL. Goalie Anthony Stolarz's 8-game suspension could last through first three games of Memorial Cup



DAVE LANGFORD

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The London Knights' road to the Memorial Cup championship took a downward turn Wednesday.

Anthony Stolarz, the team's No. 1 goalie, was handed an eight-game suspension by the Ontario Hockey League for hitting Windsor Spitfires forward Josh Ho-Sang on the back of the head with his goalie stick Tuesday night.

On the play, with one of the two OHL referees only a few feet away, Stolarz was handed a two-minute minor penalty, the same penalty Ho-Sang was given for hitting Stolarz seconds before.

The Knights won the Tuesday game 10-2 to take a 3-0 lead in the Western Confer-

Review?

Late Wednesday, the OHL announced that it will review the suspension if the eight games cannot all be served before the first Memorial Cup game May 16 in London.

ence best-of-seven quarterfinal series. Game 4 is Thursday in Windsor.

With a sweep likely after three games in which the Spitfires have not even held a lead and managed to give up three shorthanded goals Tuesday, the Stolarz suspension makes the Knights' road ahead full of landmines.

Check the Knights' goal-tending statistics. Stolarz finished the regular season tied for the league's second-best goals-against average at 2.52. He also led the league with a .926 save percentage in 35 games. Backup goalie Jake Patterson, meanwhile, played in 39 games and had a 3.15 goals-against average and a save percentage of .897.

"Obviously, with Anthony out, it will put Jake Patterson

into a starting role, and we still haven't figured out our backup situation on a go-forward basis for the next eight games, but we feel confident with Jake in net," Knights assistant general manager Rob Simpson said shortly after the suspension was dealt.

While the Knights should wrap up the Spits series Thursday, the first-place Guelph Storm lead their series with the Plymouth Whalers 2-1 and could easily play London in the next round. The Knights would be missing Stolarz for the entire series if it goes the maximum seven games — and that could be really bad news for the Knights' chances at winning the OHL title.

If the Knights win Thursday and Guelph happens to eliminate the Knights in the second round in four straight, Stolarz then could miss the first three games of the Memorial Cup tournament, a possibility nobody cares to consider more than a month and a half in advance.

"It's a long way away, and we don't want to look that far ahead now," Simpson said.

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Two London police officers charged with assault: SIU

Probe. Allegations stem from November arrest that sent victim to hospital



ANGELA MULLINS
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Two London police constables are facing criminal charges

after an investigation by Ontario's Special Investigations Unit.

Ryan Hendrick and Gareth Harris have been charged with assault causing bodily harm for injuries a suspect allegedly sustained during a Nov. 2 arrest.

After the arrest, the victim, Charles Snodgrass, 27, was taken to hospital for treatment. He was charged with resisting arrest, being drunk in public and assaulting police after of-

Special Investigations Unit

The SIU is an arm's-length agency that investigates reports involving police where there has been death, serious injury or allegations of sexual assault.

- In January, the unit announced that Const. Leah Larri had been charged with dangerous driving after a crash that injured two pedestrians at Adelaide and Oxford streets.

ficers were called to an Ontario Street home about 1:30 a.m.

"As this matter is now before the courts, and in con-

sideration of the fair trial interests of the charged officers and the community, the SIU will make no further comment pertaining to this investigation," SIU director Tony Loparco said in a statement.

The officers are scheduled for a May 8 court appearance. They will be restricted to administrative duties until the matter is resolved, London police spokesman Const. Ken Steeves said.



Students give annual epilepsy awareness day a purple thumbs-up

There were purple thumbs and plenty of fun at Ecole Frere Andre school on Wednesday as students, staff and visitors supported the second annual Purple Day for Epilepsy Awareness. The kids had the chance to learn about epilepsy and seizure first aid and to meet representatives of the police, EMS and fire services, including mascots. They also showed solidarity with people who have epilepsy by having their thumbnails painted purple. **MIKE DONACHIE/METRO**

Plant closure. Kellogg's, union reach tentative severance deal

A tentative closure agreement has been reached between Kellogg's Canada and its workers.

Bob Martin, president of local 154G of the Bakery, Confectionery, Tobacco Workers and Grain Millers union, confirmed Wednesday that a settlement had been reached, but stressed he couldn't divulge any details or even describe what negotiations were like with company

representatives.

Details will be released when the rank and file have the agreement in their hands April 5, he said.

Martin did say the company wanted to reach a speedy agreement.

Kellogg's has been a fixture in London since 1924 and announced in December that operations at its Dundas Street

plant would cease by the end of this year. Kellogg's cited a decreased demand in its breakfast products as a reason for the closure.

Production is expected to be picked up by plants in Belleville, Mich., Nebraska and Pennsylvania.

About 550 people will lose their job in London.

SCOTT TAYLOR/METRO

Old Vic break-in. Three held after river search

Three people are in custody after a break-in at old Victoria Hospital that left police combing the Thames River for suspects.

Police were called to the scene at 375 South St. about 7:45 p.m. Tuesday after someone reported suspicious people in the property.

When officers arrived, two men and a woman ran into the river. The men made

it to the other side, and the woman was pulled from the river by police.

One of the men was arrested nearby and a second was arrested a short time later at his house, police said.

Two of the people were admitted to hospital for treatment of hypothermia.

The investigation is ongoing.

METRO

What are the odds? Londoner strikes it big in lottery for second time



London's Robert McPhail with the official OLG cheque that's almost as big as his winnings. CONTRIBUTED

Meet Robert McPhail: London's luckiest man.

McPhail has claimed the second big lottery prize of his life — \$1 million in the March 19 Lotto 6-49 draw.

His first round of luck came in 1992 when he was part of a group of seven that cashed in on \$571,157.

The latest winning ticket was sold at a Shoppers Drug Mart on Adelaide Street.

McPhail was picking up a newspaper and some chocolates for his wife when "something told me to buy a ticket," he said.

A strong voice indeed. McPhail ended up buying two tickets for the draw.

"I found out about my win when checking my numbers against those posted in (the March 20) newspaper," he said. "I was in disbelief."

"I always thought I would win again — I just didn't know when. My family members keep rubbing me for good luck," he added.

McPhail plans to take a trip to the United Kingdom with his wife and may take his grandchildren on a fishing

trip.

The odds of winning the 6-49 are 13,983,816 to one.

A University of Alberta math professor has figured that if you play twice a week, every week for a thousand years, the chances are better than 99 per cent that you'll never win the jackpot.

It's a good thing McPhail isn't a mathematician.

SCOTT TAYLOR/METRO

How about them odds

Winning the lottery is a rarity. According to the website funny2.com, so are the odds of:

- Being struck by lightning: 576,000 to 1
- Dying in an airplane accident: 354,319 to 1
- Becoming an astronaut: 13,200,000 to 1
- Catching a ball at a major-league ballgame: 563 to 1

City pitches room tax idea for London hotels

Tourism. City hall looking for money to fund big events like the World Figure Skating Championships



MIKE DONACHIE
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A tax on hotel rooms in London is back on the agenda at city hall, and this time it might just happen.

At least one city councillor hopes it will, but only if hotels are involved voluntarily.

The idea is that revenue from a small tax on visitors can then be used to net more of them by funding bids for big events like the World Figure Skating Championships, which came to London last year, and the Canadian Country Music Association Awards, which are to be held in the city in 2016.

"We've asked staff for an update," said Coun. Joe Swan, chair of the investment and economic prosperity committee, which will discuss the issue Monday. "We've been talking about this for some

Quoted

"We're looking to an industry partnership to expand our bid opportunities and reach in a national and international setting."

Coun. Joe Swan



The city needs more money to pay for the costs associated with attracting large events like the World Figure Skating Championships, pictured here at Budweiser Gardens. METRO

time. We've asked for the legislative framework and the background material."

There's plenty of background in a report from city solicitor James Barber, but it boils down to the city having to ask the province to let it tax hotel rooms.

But that report is a straightforward resubmis-

sion of advice given to the old board of control back in 2008. It's exactly the same report, and the tax didn't happen six years ago.

So what's changed?

It's all about the industry getting on board, Swan said. Tourism London, he explained, has been "moving forward" with getting agree-

ment from businesses.

"I think we need the goodwill and the partnership," Swan said. "The value and benefit should be seen by the hotel and restaurant industry."

"The more people we bring to London, the more prosperous their businesses will be."

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All for one and one for all — some of the students who are pledging to help people find bargains. From left, Allison Gray, Mandy MacKinnon, Sara Lake and Zoya Sekhon. Also involved are student Mansi Bhavsar and professor Tony Curcio. MIKE DONACHIE/METRO

Students set out to save you money

CheapON. The big idea for bargains across London



MIKE DONACHIE
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Every penny's a prisoner when you're a student, and this team from Fanshawe College is doing everything it can to save people money.

Led by project manager Allison Gray, the students are planning to launch CheapON, an online service designed to save Londoners — and, the hope is, Ontarians — money in the grocery store.

"It's a way of finding the cheapest groceries in town," said Gray. "We will go through all of the flyers, find all the items on sale and we find the single best price for any of those items and post it on our website."

That's a good idea, but there are other flyer servi-

Creative Fanshawe

- Students gathered at Fanshawe College on Wednesday to show off their most creative projects at the third annual Student Research and Innovation Day.

- As well as the money-saving website CheapON, there were ideas across scientific disciplines.

- There was a team with "earthbag structures,"

effectively igloos made of earth-filled bags and used as housing in disaster areas.

- Other ideas included apps to help students and teaching staff communicate better, and assessments of a wide variety of technologies and medical advancements, including a U.S. project to grow lung tissue.

ces out there. What makes this one different is its secret weapon: Coupon Christine.

London mother Christine Hicks has been saving 40 to 60 per cent of her grocery bill every week for years, just by tracking deals, coupons and spending tips. She runs CouponChristine.com, leads workshops on couponing and has appeared in the media across Canada.

And she's going to share her weekly cheapest price list with the CheapON students.

Although their idea is to begin as a website and an idea for an app, the Fanshawe students are open to offers of help from tech firms in the city.

They're already deep into planning its versatility for the user.

"You can search by item, by store and by location," Gray said. "It will have the capability if you're looking at it from your phone, to take your current location and, if you want to see what's in a radius of five kilometres from where you are, show you only the stores that are in that radius."

Quoted

"We will go through all of the flyers, find all the items on sale and we find the single best price for any of those items and post it on our website."

CheapON project manager Allison Gray

Big profits: Venue feeds more money to taxpayer

There's been a big payout for the taxpayer, thanks to the ongoing success of Budweiser Gardens.

London's big venue for concerts and sports paid \$577,347 back to the city in 2013. That's according to a report being tabled Monday at the investment and economic prosperity committee.

And the city wasn't expecting as much money. The amount that came in was

\$64,000 higher than budgeted, the report reveals.

It's the third-highest profit in the 11 years the venue has been in business. In 2008, it peaked at just over \$732,000 made for the city.

There's been plenty of success at the Gardens over the years, and 2013 was no exception.

Highlights mentioned in the report include the World Figure Skating Championships last March, the success

of the London Knights and London Lightning and a variety of popular shows.

As for highlight successful shows, the report singles out music "legends" Neil Young, ZZ Top, Heart and Tom Petty, country stars Carrie Underwood, Rascal Flatts and Eric Church and Broadway shows Lord of the Dance, Rock of Ages, Sleeping Beauty, Dreamgirls and West Side Story.

MIKE DONACHIE/METRO

Sweat it out for breast health

Canadian fitness expert Tommy Europe will be rubbing shoulders with Londoners this weekend.

Europe — the tough-love personal trainer and TV host of The Last 10 Pounds Boot Camp and Bulging Brides — is coming to town for the second annual Bust a Move for Breast Health.

The event will see close to 400 people take on a six-hour fitness challenge on Saturday at the London Convention Centre.

Each of the participants have raised a minimum of \$1,000 to reserve a spot on the fitness floor with Europe set to lead the final exercise session



Tommy Europe
COURTESY HARPERCOLLINS

of the day.

The event is a fundraiser

for the breast-care program at St. Joseph's Health Care London, with proceeds going toward clinical research and the tumour biobank at Lawson Health Research Institute.

Last year's event raised \$538,162 for St. Joe's with featured guest fitness icon Richard Simmons sweating it out on the convention centre floor.

METRO

On the web

For more local news go to metronews.ca



Chow to Ford: 'It's time to take down the circus tent'

Toronto. Scandal-plagued mayor accused of having made the city 'an international embarrassment' during live televised debate

Toronto's scandal-plagued mayor held his own against several concerted attacks during Wednesday's first televised mayoral debate as he seeks to stay in office come October.

Rob Ford, who frequently rolled his eyes, stared at the ceiling and flashed grins at the audience, defended his fiscal record as he shot back at the candidates vying to replace him.

"Four years ago, I was elected to stop the gravy train," Ford said, thumping a familiar drum. "I have stopped the gravy train."

Former NDP MP Olivia Chow was quick to shoot him



Toronto Mayor Rob Ford, right, laughs next to David Soknacki as they take part in a mayoral debate in Toronto on Wednesday. NATHAN DENETTE/THE CANADIAN PRESS

down: "It's time for you to go because your gravy train has turned into a train wreck," Chow said. "You need to pack up that nonsense you're talking about."

Chow was the first candidate to allude directly to, but not mention, Ford's well-known problems — including

smoking crack and spouting obscenities on live TV — that have made him talk-show fodder and made him a recognizable name around the world.

Ford was frequently content to let the others debate among themselves, but didn't hesitate to jump in.

Former provincial PC party

Up for debate

"We've had it with the scandals and lack of truth. It's time to go because you're embarrassing our city." Olivia Chow to Rob Ford

leader John Tory said Ford had "run out of gas" given his inability to get anything through a council that has stripped him of most of his powers. He accused the mayor of letting taxpayers down and ruining the city's reputation.

Mostly, though, it was Chow and Ford who went at each other during the two-hour debate. "It's time to take down the circus tent at city hall," Chow said, saying the mayor had made Toronto "an international embarrassment."

Voters will choose whether Ford remains in office or will be replaced Oct. 27.

THE CANADIAN PRESS

Grain. Legislation tabled by Ottawa aims to clear transportation backlog

The federal government has tabled legislation aimed at increasing the movement of grain that has been left sitting in bins across the Prairies due to a transportation bottleneck.

The legislation proposes the Canadian Grain Commission regulate how much a grain company will pay to a farmer if the company doesn't meet delivery dates set out in a contract.

It also aims to extend what are called inter-switching limits from 30 kilometres to 160 kilometres in Alberta, Manitoba and Saskatchewan.

Most grain elevators on the Prairies are only served by one railway and expanding inter-switching would allow more service by more rail companies.

Another change would enshrine a previous government order for Canadian National and Canadian Pacific railways to move a minimum amount of grain or face a penalty of up to \$100,000 a day.

A national priority

NDP Leader Thomas Mulcair has said the prime minister has to make unlogging the backlog of grain a national priority or lose Canada's place in the world market.

- The leader of the Opposition says Canada's reputation is being damaged by its inability to get last year's bumper crop to market.
- He says countries like Japan are going to start looking to the United States since Canada doesn't seem to be able to get its grain to port.

The legislation would not increase the penalty or direct fines to farmers instead of federal coffers, which is what Saskatchewan and Alberta have called for.

THE CANADIAN PRESS

Russia. PM Harper to Germans: Putin still in a Cold War state of mind

Prime Minister Stephen Harper issued a solemn warning to Germans about Russia Wednesday, reminding them of the dangers posed by a leader with a Cold War mentality who has brazenly seized territory from a weaker neighbour.

"As unfortunate as it sounds, it's increasingly apparent to me that the Cold War has never left Vladimir Putin's mind; I think he still thinks in those terms," Harper said on the eve of his meeting with German Chancellor Angela Merkel.

"We simply, as a world, can-

not afford the risk of Europe going back to being a continent where people seize territory, where they make claims on neighbouring countries, where the bigger military powers are prepared to invade their neighbours or carve off pieces."

Germans know this better than anyone, Harper suggested.

"This is a world we cannot go back to — I know the feeling about that in Germany particularly. We cannot go back to this. It represents an enormous long-term threat to peace and security." THE CANADIAN PRESS



Walking in a winter wonderland — in spring

A pedestrian battles the high winds and blowing snow as he walks in downtown Halifax on Wednesday, where a spring snowstorm packed a bigger punch than any of the storms that hit Nova Scotia during the winter. Halifax was brought to a standstill, with government offices, schools, retailers and transit all eventually shutting down. By 6:30 p.m., winds gusting up to 80 kilometres per hour in Halifax and up to 130 kilometres per hour along the Atlantic coast had caused a near-record-breaking high tide in Halifax Harbour, swamping some coastal wharves and roads. TEXT: RUTH DAVENPORT/METRO IN HALIFAX; PHOTO: ANDREW VAUGHAN/THE CANADIAN PRESS



Stephen Harper takes part in a Q&A session with the Bavarian Business Association in Munich, Germany, on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

Concerns under review

Support may exist to fight old-age poverty in vets

The Veterans Affairs Department is weighing whether federal programs provide enough of a safety net to keep severely injured ex-soldiers from falling into poverty after they turn 65.

Minister Julian Fantino and senior officials have told a Senate committee that the concerns are still under review, but Fantino suggests some may be addressed by a parliamentary review of the new veterans charter. THE CANADIAN PRESS

Shawn Hennessey

Convict in RCMP killings given prison breaks

A man convicted of manslaughter for his role in the deaths of four Alberta RCMP officers has been granted unescorted absences from prison. The National Parole Board ruled Shawn Hennessey will be allowed out for up to 72 hours at a time over the next six months.

THE CANADIAN PRESS

CATCHING DREAMS

Day 1: the Problem
Day 2: the Plan
Day 3: the Promise

Critics speak

They threw out our work, say Liberals

Despite Prime Minister Stephen Harper's claim that his First Nations education bill is "historic" and "long overdue," Carolyn Bennett remembers when the Liberal Party made a similar attempt years ago.

The aboriginal affairs critic and Toronto MP pointed to the 2005 Kelowna Accord, a broad-sweeping piece of legislation that sought to close the gap between First Nations communities and the rest of Canadian society.

It was scrapped in 2007

in a vote after the Conservatives were elected.

"The fact that the Kelowna Accord was thrown out was very upsetting," Bennett told Metro. "The Liberals are serious about this and want to carry on the work that was begun with Kelowna."

Bennett also had few kind words for how the current government formulated its First Nations education bill. She called the initial attempt, which was introduced in November and is now undergoing revision, a complete disaster.

"There needs to be an

understanding that bottom-up is the only way this will work," she said. "More paternalism and more tablets coming down from on high just serves to irritate people such that they can't even hear what you're saying."

"More paternalism and more tablets coming down from on high just serves to irritate people."

While Bennett conceded that Harper's promise of \$1.9 billion for on-reserve education over seven years is comparable to former Liberal Prime Minister Paul Martin's promise of \$1.7 billion over five years, she focused her criticism on how each administration arrived at the conclusion.

"(The Kelowna Accord) started with hundreds of people in a room, deciding what will be the priorities and then dividing up into working groups and 18 months later coming up with a real plan with the dollars attached," she explained.

By contrast, she said, the Conservatives have imposed their views without proper consultation and have delayed the injection of funds into the system.

"We found out when the budget was tabled those monies won't fall until next year," she said. "So in some ways it was one step forward and two steps back."

However, Bennett added there is some evidence the Conservatives have been listening and eagerly awaits the release of the newly drafted document.

"This is about fixing the greatest social injustice in Canada," she said.

JACOB MORGAN/METRO IN SASKATOON

Chance

Upheaval is coming for First Nations schools. The federal government is planning to invest nearly \$2 billion into the neglected system and give communities more control over their own education. Metro travelled to two on-reserve schools to document their condition, the details of the plan and why many people say the proposed changes may be their kids' last chance.

The First Nations Control of First Nations Education Act. Metro tracks down answers to the big questions about the government's solution



JACOB MORGAN
Metro in Saskatoon

How much will it cost?

That's the main question. Prime Minister Stephen Harper has committed a total of \$1.9 billion. This includes \$1.25 billion to run the system beginning in 2016 and increasing 4.5 per cent annually, \$500 million for infrastructure over seven years beginning in 2015 as well as \$160 million for transitional costs over four years beginning in 2015.

Shawn Atleo, national chief of the Assembly of First Nations, tells Metro the 4.5 per cent escalator is a step in the right direction.

"We've been advocating for years to break the two per cent cap," said Atleo, referring to the limit placed on education funding increases in the '90s, which doesn't adequately account for inflation and population growth.

What will curriculum look like at on-reserve schools?

One of the prime minister's catchphrases is "a comparable system." The goal is to create First Nations curriculums and high school diploma qualifications that those offered in non-aboriginal schools.

In addition, the government has promised to con-

tinue consulting with indigenous communities — after its original draft proposal was met with condemnation last fall — to incorporate language and cultural programs that reflect the unique heritage of all 633 First Nations across the country.

"We said we needed resour-



Shawn Atleo, national chief of the Assembly of First Nations
THE CANADIAN PRESS FILE

ces for language and culture, (and) they've identified

that they put that in that

"The overriding goal of the legislation is better outcomes for First Nation students. First Nations and the Government of Canada agree that this is best achieved through First Nations control."
— Government of Canada website

\$1.9-billion budget announcement that they made," said Atleo.

How will the new act change control of First Nations education?

Until now the Indian Act

has governed First Nations education. Since the end of the residential school era, Ottawa has directly administered the system.

The new bill will create First Nations education authorities, which will function similarly to school boards in the provincial system. Authorities will govern schools on a local level and ensure they meet national and provincial standards.

Bernard Valcourt, minister of Aboriginal Affairs and Northern Development, tells Metro that First Nations communities will appoint their own authorities, which can represent an area or a single school.

"I don't want to control education," said Valcourt. "I want First Nations to control education and First Nations will have options."

Will there be accountability?

The First Nations education authorities will oversee administrators and require annual reports. The regular reporting is designed to ensure teachers are certified and standards are met.

Atleo said accountability is a two-way street and both sides are responsible.

"They moved away from requiring or suggesting ministerial oversight," he said. "Now we're talking about reciprocal accountability."

Valcourt added that First Nations



Toronto MP and Liberal critic for aboriginal affairs Carolyn Bennett CONTRIBUTED

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to act



education systems “will have to be accountable to their community, to the parents, to the kids and not to the federal government.”

Who opposes this?

There are numerous groups across Canada opposing the bill. One example is the Onion Lake Cree Nation in the Treaty No. 6 Territory.

Diana Steinhauer holds a PhD degree in indigenous knowledge from the Blue Quills First Nations College and works in governance at Onion Lake. Her official title is ka-nikanapistahk, which she says is Cree for “those who can’t speak for themselves, and it refers to the ones who aren’t here yet: the animals, the plants, the birds.”

Steinhauer explained that Onion Lake rejects the education act and any form of legislation that impedes their sovereignty. “We have our inherent jurisdiction over education and we’re not going to relinquish it,” she said.

The government is not in a position to hand over control, said Steinhauer, because treaty-rights holders should already have that power.

“The legislation will require that First Nation schools ... award widely recognized diplomas or certificates. These requirements do not currently exist.” — Government of Canada website

“It’s not their jurisdiction to be telling us what to do,” she said.

She added that the AFN doesn’t speak for Onion Lake, as “it’s not an inherent rights holder, it’s an organization developed and funded by the government.”



BERNARD VALCOURT, MINISTER OF ABORIGINAL AFFAIRS AND NORTHERN DEVELOPMENT

On the web



1 Blue dot. A sign of defiance

Find out how a little blue sticker became a symbol of protest for opponents of the act. **CHRISTI BELCOURT/TWITTER**

2 Youth. Beyond the politics

Head over to metronews.ca to see what attendees at the Assembly of First Nations Youth Summit had to say about their learning experiences.

3 Timeline. Scrapped attempt

Go online to see an interactive timeline of the quashed Kelowna Accord and hear from the national co-chair of the Liberals’ Aboriginal Peoples’ Commission.

Critics speak

Too much we don’t know, says NDP



MORGAN MODJESKI
Metro in Saskatoon

The aboriginal affairs critic for Canada’s opposition party has “major concerns” about the federal government’s plan to improve First Nations education.

Announced back in February, the First Nations Control of First Nations Education Act would inject more than \$1.9 billion in additional funding to address a financial shortfall for on-reserve education, starting in 2015.

But critics of the bill have questions on how — and when — the act will be implemented.

“We actually haven’t seen any legislation at this point, and what my concern is, is that the process of how this is going to be drafted is unclear,” said Jean Crowder, aboriginal affairs critic for the New Democratic Party.

“From our perspective, you can’t draft this legislation without having First Nations at the table.”

Although the federal government held eight face-to-face consultations, 54 informational briefings and

received 631 responses to an online survey while drafting the original First Nations Education Act, it was widely rejected.

And with the federal government’s recent announcement having little information on how First Nations will be consulted, Crowder said it’s hard to know what its

the fact money doesn’t start flowing until after the 2015 federal election raises

questions for her and her supporters.

“I can’t speak to their motivation on it,

but judging by the emails and letters I’m getting in my office, nobody’s being fooled,” she said.

“People recognize the money doesn’t flow until after a federal election, and given past history, just because people say one thing before an election doesn’t mean they’re going to do the same thing after.

“I think the timing is very suspicious,” she said. But Bernard Valcourt, federal minister of Aboriginal Affairs and Northern Development Canada, says the act has nothing to do with the upcoming election.

“I dismiss these charges ... (of) pure political partisanship on (the) part of the people who would rather not have us in government.

“A lot of work has been done. This has been evaluated and looked at by First Nations all across Canada. We’ve received their views, we’ve got the AFN resolution, we’ve got the open letter of the national chief and we have identified a way forward.”



Jean Crowder, NDP critic for aboriginal affairs CONTRIBUTED

outcome will be.

“I don’t know if there’s two people in a closed room putting it together, whether it’s going to have regional representation from across the country,” she said.

While Crowder feels the government’s acknowledgment of the funding gap is a step in the right direction,

BlackBerry beckons business in BYOD era

Bring your own device.

As more staffers use personal phones to conduct business, the Waterloo tech firm aims to provide peace of mind

certification for U.S. government employees to use its Secure Work Space enterprise software on iPhones and devices that use the Android operating system.

The technology is part of products that became available through the rollout of its BlackBerry 10 operating system.

The Waterloo, Ont.-based

company says the software helps government and business employees use mobile devices of their choice with lower security risks.

The certification will give security-conscious organizations, like U.S. and Canadian government agencies, the ability to use software that separates sensitive corporate data from personal

content on a single mobile device.

More technology companies have been chasing the lucrative business market as BlackBerry's popularity waned. Both Google and Apple developed their own enterprise software designed to attract government agencies and corporations. **THE CANADIAN PRESS**

BlackBerry Ltd. has received

Market Minute

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Saga of the sour stock debut

Characters of the King Digital Entertainment game Candy Crush Saga walk the trading floor of the New York Stock Exchange Wednesday. King's stock priced at \$22.50 US on Tuesday, valuing the company at \$7.1 billion, but it opened on Wednesday at \$20.50, down almost nine per cent. Its shares lost more ground by the day's close, falling more than 15 per cent. **THE ASSOCIATED PRESS**



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I SURRENDER, MOTHER NATURE

OK, winter, I give up.

Forget discontent. This is the winter of our disbelief.

Mother Nature went from her usual fickle and frigid self to full-on cruel and cold-hearted. Bing Crosby's *White Christmas* gave way long ago to *Game of Thrones*' Winter Without End. Jack Frost bit my nose off and spat it in my face.

We were once in a snow globe, but now we're trapped Under the Dome, scratching at the glass and screaming for anyone to let us out.

As I write this, the Maritimes is being hit with the sort of storm that usually gives rise to over-the-top, two-word blends like polar vortex, frostquake or snowpocalypse. By the time you read this, the blizzard may well be known as a Sleet Scream, The Parthenon Freeze or Ictrocitry 2014.

Meanwhile, in Toronto, it's been cold for so long that my friends and I are deeply excited that the forecast for the



HE SAYS

John Mazerolle

metronews.ca

week includes such mercies as 10 degrees and rainy, which will give us at least one day to dream that we're Vancouverites adrift in a warmish sea of cappuccinos and cannabis.

(This column is least relevant for Vancouver residents, but just replace the word "snow" with "rain," the word "cold" with "drab" and the words "We're all in this together" with "Get bent.")

The predicted improvement from insufferable weather to unpleasant weather had given me hope that things were improving, but then I saw a new headline on Wednesday: "WINTER-LIKE WEATHER TO CONTINUE UNTIL AT LEAST MID-APRIL."

It's funny how your eyes play tricks on you, because when I first glanced at the headline I read it as "LEAP FROM THE BUILDING IMMEDIATELY." I thought about it, but figured the snow would probably break my fall anyway.

Which leads me back to my original thought: I give up. I

have no more rage, no more despair to give. The tears only freeze on my face. The seven-day forecast has pushed me through the seven stages of grief and it's time to accept my frosty fate.

I accept that it's going to be winter forever. And I for one welcome our new, flakey overlords.

Why, winter year-round will be grand.

Patio weather will be any time we want, there'll be no annoying change of car tires, no suffering through another bus-stop simpleton asking, "Hot enough for ya?"

Hockey in June will make perfect sense, the cars-versus-bikes feud will end, and a balaclava will provide all the SPF protection you need.

No smog, no humidity, no insects. No summer love means no summer heartbreaks.

Endless winter will mean being comfortably numb, with smiles frozen on our faces.

I give up, winter. You win. I am yours, and you're all right.

A naysayer might claim I have Stockholm syndrome, but I checked. It's 14 and sunny there.

Uncle, Mother Nature. Uncle.

ZOOM

10,000-calorie, beastly burger

Substantial sandwich inspired by a cartoon

The 10,000-calorie whopper, dubbed the Ulti-Meatum, was cooked up by restaurant owners Corinne and John Clarkson after seeing the meat feast on Cartoon Network's *The Regular Show*.

The monster meal includes five pounds (2.2 kilograms) of meat and a cheeseburger within a burger just like in the children's animation. The owners of the Mister Eaters fish and chips restaurant in Preston, England, are offering up a man-versus-food challenge where daring punters can eat for free if they can finish the burger in one sitting. **METRO**

Q & A with John Clarkson, one of the creators

Special plate needed to hold it

Was this as much a personal challenge as anything else?

Yeah, I enjoy it and it's a bit of fun. I'm a butcher by trade and I'm familiar with meat and how it sticks together, so I thought I'll have a go. We've done the world's biggest deep-fried Ferrero Rocher at 11 pounds (five kilograms) in weight and that went global, so I thought I could do the same with this. It gets people talking; the shop's been overwhelmed.

Did you have any problems building the burger?

We had three or four flops. I had to design a plate with pins that are the same height as the burger, so that it doesn't topple over. The thing with my burger is that it's not messy when you cut it open — you get a really nice cross-section as you can see in the picture.



TWITTER: @TORGANDELLJOIT

Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

The Oculus Rift VR helmet's splashy debut on the tech conference circuit helped make it one of the most successful Kickstarters of all time, eventually leading to Facebook's \$2B purchase of Oculus on Tuesday. So it looks like VR is about ready to become a thing, and these movies available on Netflix will provide a nice glimpse of the nightmarish future it will usher in.



The Oculus Rift virtual reality headset THE ASSOCIATED PRESS

eXistenz:

Jennifer Jason Leigh and Jude Law star as a video game designer and her protégé who flit between virtual worlds while avoiding assassins determined to hunt them down in this sci-fi brain bender from David Cronenberg. It's truly weird and wonderful.

Strange Days:

A gem lying among the junk of mid-'90s cyber-paranoia flicks, the Kathryn Bigelow-directed *Strange Days* is the story of a former cop who stumbles

across a high-profile murder among his collection of virtual reality clips, wrapping him up in a manhunt across an L.A. that has disintegrated into a war zone as the calendar heads toward the year 2000.

Evolver:

Here is where we veer decidedly into B-movie territory when an elite gamer gets a chance to play a live version of his favourite video game. Naturally, this leads to big, violent problems when he finds himself battling a ruthlessly efficient killer robot.

Twitter



@metropicks asked: A US\$297 course called conscious uncoupling promises a happy breakup. Would you pay?

@Canucklehead_ca: Why pay to have the cow sent back to pasture when you can simply give up milk for free?

@prussell_pc: I have paid .. far more. This program takes two to un-tango, and so wouldn't have worked for me.

@Anyazub: That's like four bottles of whiskey, cover charge and two rounds at the bar for me and two of my best friends.

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A potpourri of It's Trash!

Compilation release.

Vinyl was the only way to go for this collector



BACKSTAGE
PASS

Mila Petkovic
london@metronews.ca

His downtown London home is full of milk crates filled with more than 1,000 records. He's got everything from garage, punk, no wave, psychedelic and power pop to good old Canadian rock 'n' roll.

Jesse Allison's music obsession has played out over the years through his own bands, radio shows and, now, record label.

The launch party for It's Trash! records and its first release — a limited-edition compilation album on vinyl featuring eight punk bands from London — will take place at Call the Office (216 York St.) on April 5.

"I wanted to help promote local punk bands that were overlooked by many people in the scene. I do a radio show that's been going on for over a year now, and it's just another avenue I wanted to take," says Allison, whose radio show It's Trash! airs every other Friday from 6 to 8 p.m. on 94.9 CHRW.

The eight London bands on the compilation It's From London include: The Glebes, Chachi on Acid, GATGAS,

Quoted

"You play with guts instead of talent."

Jesse Allison on why he loves punk

Around town

- **Tunes.** London's own Basia Bulat is back in town to open for The Head and the Heart at London Music Hall (185 Queens Ave.) on Monday. Tickets are \$29.50 in advance at the venue or Grooves Records. Doors open at 7 p.m.

- **More tunes.** Xprime, The Baxters and Olivia & The Creepy Crawlies are set to rock Black Shire Pub (511 Talbot St.) on Saturday. Cover is \$5. Doors open at 9 p.m.

Disleksick, Excelsior, Don't Touch The Dancers, Bath Salts and Johnny Terrien and the Bad Lieutenants.

Paul Venno in London mastered selected songs before they were sent off to Nashville to be pressed into 500 copies.

"I'm very happy to be working with these bands," says Allison, 32. "I've played shows with them, and some of them are dear friends of mine. I think they really fit the trashy sound that I like, for my radio show.

"I've been collecting records for over 10 years, and it's only natural for me to want to create my own," says Allison, who bought his first LP Fresh Fruit for Rotting Vegetables by Dead Kennedys at Dr. Disc. (now closed).

Some of his favourite records to get are compilations.

"They really help expand your taste and are great for exposing new talent," he says.

"Music is like a drug or something you need more of. It never stops — it's like an addiction. You want to



Jesse Allison, founder of It's Trash! records and radio show. The label's first compilation album will be released on April 5 at Call The Office featuring performances from all eight bands on the record. CONTRIBUTED

find the next band that's gonna make you feel alienated and tickle your senses — stuff that's gonna make me feel like, 'Is it OK if I like this?' I want to feel uncomfortable, I want to feel some-

thing I haven't felt before," says Allison, who also plays bass in The Glebes (their instrumental song, Theme, is first up on the compilation). "I stand behind everything I do. I think this is a

great record and every song on it is a hit," says Allison confidently.

The record release and label launch starts at 9 p.m., featuring eight bands. Cover is \$5.

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The life and times of a Bomb Girl

For two seasons, actress Charlotte Hegele immersed herself in the life of Second World War munitions factory worker Kate Andrews on the series Bomb Girl.

While her character grew on the series — breaking away from her authoritarian father and dealing with rumours of her “unnatural” love for fellow munitions worker Betty — so too did Hegele’s knowledge of the period.

With the TV movie Bomb Girls: Facing the Enemy airing Thursday at 8 p.m. ET/PT on Global, we asked Hegele to tell us what she learned about the era in her role as Kate. **METRO**

‘Their stories gave me goosebumps.’

I was given the opportunity to meet the women from that era and hear first-hand their accounts of the Second World War.

From building bombs, to cracking German codes, to serving overseas, they did it all. Their stories gave me goosebumps.

Women’s roles in war were dangerous, too

Before working on Bomb Girls I never knew the crucial role Canadian women played during the Second World War.

In school I only ever learned about how men bravely fought on the front lines. But it was the women back home who made the ammunition those Canadian soldiers used to win the war.

It was a dangerous job that paved the way for later generations of women to work in an industrial setting. It was a hazardous workplace and those women stepped up to the task.



Charlotte Hegele plays Kate Andrews in Bomb Girls. CONTRIBUTED

Movies, music and fashion in wartime

Working on Bomb Girls, I was immersed in 1940s culture.

I learned hit songs sung by Vera Lynn, Ella Fitzgerald and Billie Holiday. I watched movies like Alfred Hitchcock’s Suspicion (1941) and Saboteur.

Fashion was transformed by wartime rationing. Hemlines got shorter. Stocking seams were drawn up women’s legs to fake the real thing. Movie stars like Veronica Lake styled their hair into up-dos to encourage safe practices on factory production lines. The war changed everything.

It’s all about the girls

In the film and television industry there is an unwritten rule that promotes the idea that audiences would prefer to see stories centred around men rather than women.

Bomb Girls proves this wrong. On Bomb Girls I got to work with some of the most talented and passionate women in the business like Adrienne Mitchell, Janis Lundman, Anne Wheeler, Rachel Talalay, and of course Meg Tilly.

These women shaped me into being both a better performer and a stronger person. I can’t thank them enough.

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Judd Apatow and Lena Dunham

Apatow admits Girls could have been a lot more graphic

While Lena Dunham's hit HBO series *Girls* has often been criticized for how far it goes as far as sexual content, producer Judd Apatow reveals that apparently they've wanted to go even farther. "There have been things on *Girls* where HBO has said to us, 'If we put this on TV, we literally could lose our

license to broadcast," Apatow told a group of college students at an event in Los Angeles, according to the New York Post. "Let's just say it's something you see in adult film — elements of sexual intercourse. The high points of sexual intercourse." Maybe they can save that for the DVD.

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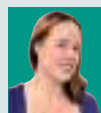
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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

That's so tweet: Martin and Paltrow make peace with a painting



THE WORD
Dorothy Robinson
scene@metronews.ca

What should a sensitive GOOP-ified husband do to comfort his soon-to-be-ex-beloved in their time of conscious uncoupling? Put a bird on it, of course.

Chris Martin and Gwyneth Paltrow are clearly making an effort to ensure that even their divorce is expensive and classy. Apparently Coldplay front man Martin even bought Paltrow a parting gift — an etching of a bird by Polish



artist Mila Furstová, created as cover art for a Coldplay album, a source told the Daily Mail.

"The fighting is over now, there's no bitterness. They're actually going to have some fun," the source said.

There's the picture above. It's pretty cool and the sort of thing that Chris Martin and Gwyneth Paltrow would have in their living room.

It seems unfair that even their divorce is cooler than me. Or maybe not: Mila Furstová's staff denies that Chris Martin bought one of her works "as a gift or for any other reason."



Selena, stop hitting repeat-peat on that relationship: Parents



Selena Gomez ALL PHOTOS GETTY IMAGES

Selena Gomez's parents are reportedly gearing up for another intervention for the former Disney star, hoping a return trip to rehab and distance from on-again, off-again boyfriend Justin Bieber will get her back on the straight and narrow, according to Life & Style Weekly. Their last attempts to convince Gomez to seek help for anxiety and alleged substance abuse issues went well, with Gomez voluntarily checking into the Meadows treatment facility in Arizona — but she checked herself out two weeks later to rush to Bieber's side in the wake of his legal troubles. And she's been spotted with the troubled Canadian pop star regularly since then, most recently this past weekend in L.A. when she stopped by the Sunset Towers Hotel for a quick visit with Bieber. Sources tell the magazine that Gomez's parents want her to ditch Bieber for good and head back to Meadows to complete her six-week program.

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SHOPPERS DRUG MART



Fashion, at its purest, is about telling stories. And the best storytellers are ones with tales to tell themselves. Here, we look at five individuals making waves in the Canadian fashion industry while weaving their own experiences into the mix.

SIGRID FORBERG
life@metronews.ca

Nana Osei

Designer, Böhren Eyeglasses Inc.

It was on a trip to Ghana in 2009 that Nana Osei saw an opportunity to combine his passions for social responsibility and fashion. While still in university in Ottawa, he created Böhren Eyeglasses Inc. The lightweight eyewear, made of reclaimed wood from West Africa and handcrafted in zero-waste facilities in Canada, have been drawing national attention. He's even appeared on the Dragon's Den. In the future, Osei hopes to bring the manufacturing to Africa as well. "People say there's nothing you can do about some things, but I say it always just starts small," says Osei.



5

who stitched their story into a style career

Meredith Wright

Filmmaker, Agency

After modelling for several years around the world, and being turned off by the way models were treated everywhere she went, Wright wanted to expose some of the darker sides of the industry. The end result was Agency, a documentary about young girls working for a modelling agency in Japan. Shot through Wright's own perspective, living in an apartment with fellow models in Osaka, Japan, the film aims to get people asking questions about the industry they normally wouldn't. "If I told someone that underage girls were working with no representation, they would be upset," says Wright. "So why is it OK when it's for fashion?"



Lolitta Dandoy

Blogger, Fashion is Everywhere

With a mix of French and English posts on Fashion is Everywhere, Dandoy is the quintessential Montrealer. As a fashion journalist, she'd always wanted to start her own publication. Faced with a cancer diagnosis several years ago, while convalescing at home, she decided to go for it. Surrounded by so much creativity in Montreal, she tries to capture an awareness in her blog that the fashion community is in fact a community and has a greater meaning beyond superficial consumerism. "When somebody doesn't feel right in their skin, a lot of that can have to do with their appearance," says Dandoy. "It can change things you don't expect."



Julia Che

President, Lotus Leaf Communications

After studying fashion communications at Ryerson University, Che was working in public relations in Toronto when she noticed a friend, who is a talented jewelry designer, needed help promoting her product. Thus, Lotus Leaf Communications was born. They now represent big-name clients like 7 For All Mankind, Dr. Martens and Manitobah Mukluks. And while they've grown exponentially from that first client, at the end of the day, Che has used the company's success to give back to the community. "Agents of Change is a branch of Lotus Leaf," says Che. "Through it, we can use our expertise to increase awareness about social issues."



Jigme Nehring

Founder, Mine & Yours

After living in Los Angeles, where the buy-sell-trade concept is common, Jigme Nehring decided to bring the model to Vancouver. Her resale shop, Mine & Yours is a place where women can purchase, sell or trade their gently used clothing. Nehring emphasizes the business's aspect of giving women the chance to recycle and find good homes for items that might otherwise collect dust in the back of their closets. The trouble with the fashion industry, Nehring explains, is the amount of waste it produces, which the shop aims to help negate as much as possible. "Mine & Yours helps reduce waste by extending the life of great pieces that are still in style and encouraging people to buy used clothing over new," says Nehring.



Canadian street style

Spotted in: Toronto

Name: Natasha Taylor

Age: 27

Occupation: Project manager and professional dancer

What she's wearing:

H&M tuque, J. Crew Gingham button up, my boyfriend's sweater from Jack & Jones, faux leather zipper leggings from GUESS, Top Shop wedge booties, neon Cambridge style bag from Forever 21.

Her inspiration:

I'm a bit of a tomboy at heart but I also like to incorporate feminine flare. My style is heavily influenced by British street style as well as dancers from the dance community in Toronto.

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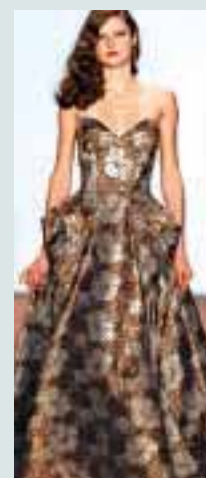


Trends Report

Floral fashion dominated the runways from New York to Milan for this season, just in time for spring, despite the prolonged cold weather. Go online to Trends Report to see how to wear pretty petals, from haute couture gowns to casual wear.

- Online. Follow Irene on Twitter at @MetrolreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Photo: Getty Images



3 LIFE

SPRING IS HOME RENO SEASON

MORE KITCHENS DOING DOUBLE DUTY

Spring has sprung, which means the record snow falls, the depressing five-day forecasts and Old Man Winter will soon be distant memories (we hope). With spring upon us, many Canadians are giv-

ing some serious thought to sprucing up their tired living spaces. Yes, it's not only springtime in Canada, it's also home reno season.

What are some of the biggest trends this year? Read on...

WHAT'S COOKING IN THE KITCHEN?

According to a design survey from the National Kitchen & Bath Association

(NKBA), here's a look at what's trending for 2014.

- Furniture-style pieces are hot. For example, kitchen islands supported by legs. Does the furniture have to match the rest of the cabinetry? Definitely not. That's a trend too.
- What's going on with countertops? Apparently quartz is the new granite — or will be in 2014 according to 70 per cent of NKBA survey respondents.
- It looks like kitchens are pulling double duty as more than food prep areas as homeowners add flat-screen televisions and work areas with docking/charging stations to their space.

IS THAT A BATHROOM OR A SPA?

NKBA also highlights some of the changes that will happen in the bathroom this year.

- Bathroom or spa? How about a bit of both? Home reno enthusiasts are swapping out traditional bathrooms for more spa-like spaces characterized by sleek lines and more contemporary accents.
- Wondering about colour? It's time to say



PETINOV SERGEY MIHILOVICH/SHUTTERSTOCK

goodbye to beige as grey is becomes the most dominant colour scheme this year.

• As with kitchens, furniture-style pieces are becoming all the rage for bathrooms. Expect to see more wall-mounted vanities, console tables and open shelving units.

According to Mike Holmes, the average home renovation costs about \$15,000 — a lot of money for many people. So before you start? Make sure you have an objective, a plan and a budget. It will make your life much easier.

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Conversation-starter table toppers



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

What goes on top of the books on the coffee table? Here are a few on-trend pieces designed to charm guests



Set the scene

The coffee table is the centre of attention in any living room. Not only does it offer a place to set a martini (or a slew of TV converters) but also tells guests a bit about you. Your interests can easily be seen in the types of books you read or the style of accessories on display. Here are some ideas to add caché.

Add sparkle with a shape-shifter

Chiselled and oblique-shaped golden tea-light holder changes its shape from all views. GlucksteinHome Sydney Large Tea-light Holder, \$18, TheBay.com



Work a little black crystal magic

Keep secrets stashed in a hand-polished soapstone container topped with black resin crystals. Eduardo Garza Crystal Box, \$70, WestElm.com

Spur them on with silver cactus

A unique decorative take on the classic cacti: Plants that shine on and require no watering. Metalico Barrel Cactus, \$16-19, UrbanBarn.com



Hurricane candle creates style storm

Hurricane pillar candle, holder of natural wood and glass, makes for mid-century style. Whole-Home Contemporary Glass Candle Holder, \$40, Sears.ca

A golden opportunity to raise the bar

The perfect amount of bling to top a coffee table book. Gold Bar Paperweight, \$65, thecross-design.com



ALL PHOTOS CONTRIBUTED

Keep new puppy and your home safe

You can teach a new dog old tricks.

Protecting your puppy from harm means your stuff stays intact, too

We bought food bowls, borrowed a crate and dusted off baby gates. But soon after we adopted our 13-week-old puppy, we discovered the house really wasn't ready.

Clove, a Labrador retriever mix, chewed wires we thought were hidden and investigated stairs we thought she'd ignore. She rummaged through deep plastic bins holding smelly shin guards and plucked snow-soaked mittens from our warm radiators. Within a week of her arrival, we had to block off power strips, reorganize our mudroom, devise a new plan for drying winter gear and gate the staircase.

"It's a lot like having an infant in the household," said Pamela Barlow, animal behaviour counsellor at the American Society for the Prevention of Cruelty to Animals' adop-



A puppy rests by a gate that prevents her from entering a formal dining room where there are fragile items. SHIRLEY SALEMY MEYER/THE ASSOCIATED PRESS

tion centre in New York City.

Barlow says puppies need constant supervision and a safe environment to explore. She cautions against confining them so much that they don't get outside experiences. It is hard to go back and socialize puppies if owners miss the window of opportunity to do so.

Puppies are drawn to things they can chew on and are stimulated by things that move, said Dr. Carlo Siracusa, director of the Penn Vet Behaviour Service at the University of

Pennsylvania.

"Many times we think that we should protect our home from a new puppy," Siracusa said, because the puppy could potentially cause damage. But more important is the opposite: making sure that puppies are safe in their new home.

Most essential is to create a safe haven — a place where the puppy can rest and sleep when there is too much excitement or stimulation, such as when kids have friends visiting, Siracusa says.

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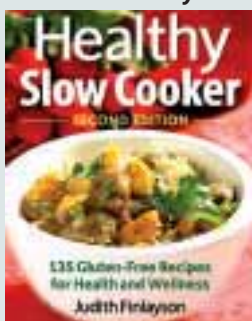
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Slow cooker meal packs protein punch

Cookbook of the Week

Slow and steady



In the follow-up to the first edition of *The Healthy Slow Cooker*, Judith Finlayson takes conflicting information about the changing face of dietary guidelines and balances it with a common-sense approach. All the recipes in the book are deliciously nutrient-dense and have a rounded approach to meet a wide range of needs. From soups and entrées to desserts, Finlayson uses the slow cooker to show how simple healthy eating can be. **METRO**

Beef and Chickpea Curry with Spinach. The Indian-inspired flavours will have your taste buds doing a happy dance

1. In a skillet, heat oil over medium-high heat. Add beef, in batches, and cook, stirring, adding additional oil if necessary, until browned, about 4 minutes per batch. Transfer to slow cooker stoneware.

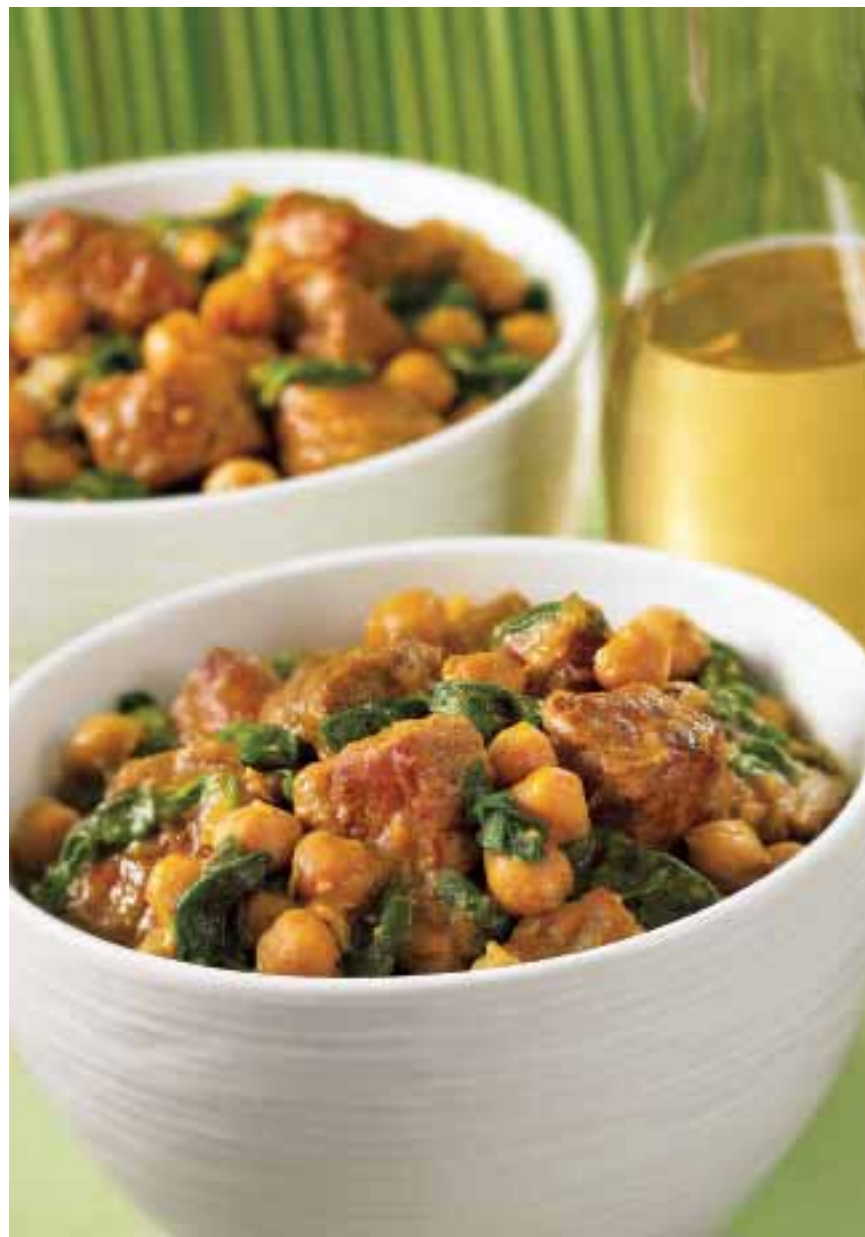
2. Reduce heat to medium. Add onions to pan and cook, stirring, until softened, about 3 minutes. Add garlic, ginger, peppercorns, cinnamon stick and bay leaf and cook, stirring, for 1 minute. Add beef stock and bring to a boil.

3. Transfer to slow cooker stoneware. Add chickpeas and stir. Cover and cook on Low 8 hours or on High 4 hours, until beef is tender. Add curry solution and stir well. Add spinach, in batches, stirring until each batch is submerged curry. Cover and cook on High 20 minutes, until spinach

Ingredients and Tools

- Medium to large (3 1/2 to 5 quart) slow cooker
- 1 tbsp (15 ml) olive oil
- 1 lb (500 g) trimmed stewing beef, cut into 1/2-inch cubes
- 2 onions, finely chopped
- 4 cloves garlic, minced
- 1 tbsp (15 ml) minced gingerroot
- 1/2 tsp (2 ml) cracked black peppercorns
- 1 piece (1 inch/2.5 cm) cinnamon stick
- 1 bay leaf
- 1 cup (250 ml) beef stock
- 2 cups (500 ml) cooked chickpeas, drained
- 1 tsp (5 ml) curry powder, dissolved in 2 tsp (10 ml) freshly squeezed lemon juice
- 1 lb (500 g) fresh spinach, stems removed
- 1 package (10 oz/300 g) spinach leaves, thawed if frozen
- Plain yogurt, optional

wilts. Discard cinnamon and bay leaf. Ladle into bowls and drizzle with yogurt. **COURTESY THE HEALTHY SLOW COOKER, SECOND EDITION BY JUDITH FINLAYSON, 2014 © ROBERTROSE.CA REPRINTED WITH PUBLISHER PERMISSION.**



This recipe serves four. COLIN ERRICSON/ROBERTROSE.CA

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MLB

McGowan to start Jays' home opener

Drew Hutchison and Dustin McGowan have won spots in the Toronto Blue Jays' rotation.

Manager John Gibbons announced the news before Wednesday's game against the New York Yankees.

Hutchison will pitch in the Jays' second regular-season game Tuesday at Tampa Bay. McGowan is in line to pitch the home opener against the Yankees on April 4.

McGowan has pitched in just 30 big-league games, including 25 in relief last season, since right-shoulder surgery in July 2008.

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NFL

Bills can't move soon 'even if they wanted to'

Ralph Wilson fulfilled his vow in keeping the Bills in Buffalo during his lifetime.

Though they won't be leaving any time soon following the 95-year-old Pro Football Hall of Fame owner's death, their long-term future is in question.

The Bills are essentially locked in to play at Ralph Wilson Stadium for the next six years because of a non-relocation provision included in the team's lease agreement that would require the Bills to pay a \$400-million penalty if they leave before the 2019 season.

"Anyone expecting to see the Los Angeles Bills is sorely mistaken," SportsCorp president Marc Ganis said. "They can't move even if they wanted to. It would go against the ironclad agreement done with Ralph's blessing."

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Blue Jays win after Dickey's dismal start

The Blue Jays' Melky Cabrera greets Jose Bautista at the plate after both scored on Adam Lind's fifth-inning single in Wednesday's spring training game against the New York Yankees in Dunedin, Fla. Toronto opening day starter R.A. Dickey gave up six runs and seven hits over three innings but the Jays still won 10-6. KATHY WILLENS/THE ASSOCIATED PRESS

End to Lightning's title reign a mere loss away

NBL Canada. After blowout loss in Windsor, it's a do-or-die in Game 6 at Gardens



DAVE LANGFORD
dave.langford@metronews.ca

The London Lightning couldn't win either home game against the Express. Now they can't win in Windsor.

For the Lightning, that's the only two options left in the National Basketball League of Can-

Game 5

108

Express

91

Lightning

ada playoff series.

And after a 108-91 Windsor win in Game 5 of the best-of-seven conference final, the Lightning are one loss away from ending their string of NBL championships at two.

The sixth — and possibly

final — game is Saturday night at the Budweiser Gardens, with London trailing 3-2 in the series.

The Lightning hope to put Wednesday night's game behind them as quickly as possible. In a word, it was dreadful.

Let's look at the first half.

The new zone defence didn't help as the Express tossed in three three-pointers in the first few minutes and had 9-2 and 14-6 leads before finishing the quarter up 24-17.

By the half it was a 55-35 Lightning deficit and here are some telling statistics: They shot 33 per cent from the floor

(14-43), including 0-5 from three-point land and were 7-17 from the foul line.

The two teams played even in the second half but the 20-point advantage was tough to overcome, with nobody other than Tony Bennett doing much for the Lightning.

Bennett finished with 23 points, but some startling numbers for Garrett Williamson and Elvin Mims were at the root of the problem. Williamson was 1-11 from the floor and Mims 2-11. Not good.

Guard Stefan Bonneau, in his first game in the series, had 21 points for Windsor.

Leafs nearly trucked with 8 games left



The Leafs didn't fare much better with James Reimer, left, on the bench and Jonathan Bernier starting on Tuesday night. TORSTAR NEWS SERVICE

There are many questions surrounding the Maple Leafs, namely: How did this happen?

How, in less than two weeks, did a team that was sitting pretty in second place in the Atlantic Division fritter away a three-point lead over the Montreal Canadiens and nine-point advantage over the Detroit Red Wings?

As the players come to grips with the roots of their six-game losing streak, Tuesday's almost-comeback against the St. Louis

First-period problems

17

Over the past eight games, the Leafs have allowed a whopping 17 first-period goals, including the two given up in Tuesday night's 5-3 loss to the St. Louis Blues.

Blues highlighted a big issue: Why can't the Leafs play with the desperation they show when down two or three goals at the start of games?

"That's the million-dollar question right now," winger James van Riemsdyk said. "It seems like every time we get down we start to ramp it up, and then it's always just a little too little, too late at the end."

It may be too little, too late for the Leafs if they can't figure out how to solve that problem. They're tied at 80 points with the Red Wings, Columbus Blue Jackets and Washington Capitals but are fourth among those teams for the Eastern

Conference's two wild-card spots because they've played the most games (74).

Of course that also means their eight remaining are the fewest among those in the race and there's not much time to figure out slow starts, a central problem during this losing skid. Against the Blues, the Leafs scored first for the first time since March 10, but they also gave up a season-high 23 shots in the opening period.

THE CANADIAN PRESS



Graham DeLaet of Weyburn, Sask., plays his third shot on the second hole during the first round of the World Golf Championships in Marana, Ariz., on Feb. 19. ANDY LYONS/GETTY IMAGES

DeLaet on course for mastery at Augusta

PGA. Canadian golfer not daunted by first bid for Green Jacket

Graham DeLaet won't be so much in awe of Augusta National Golf Club when he makes his Masters debut next month.

The native of Weyburn, Sask., made a trip to the fabled golf course last week. Although bad weather prevented him from playing a full round, he did walk the par-72, 7,435-yard layout and make mental notes regarding the lay of the land.

"It was drizzly rain and cold the first day and it was pretty tough on my body to swing in that kind of cold with that many layers on," DeLaet said during a conference call Wednesday. "But it was still very worthwhile to go and see the course ... and kind of get the 'wow' factor out of the way. It (the course) was pretty much

perfect."

An ardent television viewer of past Masters tournaments — including Canadian Mike Weir's 2003 championship — DeLaet said actually walking the course was a learning experience.

And from what DeLaet saw, he has the game to potentially succeed at Augusta.

"I do feel the golf course suits my game pretty well," he said. "I mean, it's a big golf course.... You have to drive it well and hit your irons precisely."

On Tuesday, Weir, of Bright's Grove, Ont., told reporters he felt DeLaet, 32, could contend at Augusta.

"I think Graham obviously has the type of game that can do very well there," Weir said. "He hits it long, he hits it very high."

DeLaet said he always has butterflies when he hits his first tee shot to officially open a tournament. But having played previously in the British Open

as well as last year's President's Cup, DeLaet feels he knows what to expect heading into his first Masters.

THE CANADIAN PRESS

Graham's great start

The five-foot-11, 165-pound DeLaet is enjoying a solid start to the PGA season.

- **In the hunt.** He's recorded five top-10 finishes, including two second-place efforts, and made the cut in eight of nine tournaments.
- **Ranking.** DeLaet stands 15th in the FedExCup standings.
- **Money talks.** He has already won more than \$1.6 million US this season and last season earned \$2.8 million and enjoyed seven top-10 finishes.



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Horoscopes

Aries

March 21 - April 20

Hopefully you will see solutions today where before you saw only problems. That applies to all areas of your life but especially to money matters and business issues that involve other people. Together you can make a profit and have fun.

Taurus

April 21 - May 21

Do you get involved in a feud between friends? You know the answer already, so don't be silly and stand between them to try to keep the peace. If you do, they will gang up on you.

Gemini

May 22 - June 21

If you can get someone else to do some of your chores for you today then go for it. You have more important matters to take care of and you may not have energy to spare.

Cancer

June 22 - July 23

Others can sense your self-confidence and because of that they want to do things for you. Who are you to refuse any offers? It will give you more time to work on a creative project.

Leo

July 24 - Aug. 23

If you need help over the next 24 hours come out and ask for it. If you wait for others to realize that you require assistance chances are you will never get it. They can't read your mind.

Virgo

Aug. 24 - Sept. 23

You will find it easy to express yourself today and, more importantly, others will find it easy to understand you. If you are involved in a creative pursuit this is also a good time to impress important people.

Libra

Sept. 24 - Oct. 23

You'll hear something to your benefit today but your suspicious nature could hold you back from taking advantage. Unless there's evidence someone is trying to trick you, take a chance.

Scorpio

Oct. 24 - Nov. 22

You'll find it easy to work out what is going on in someone's mind today, which in turn will help you decide what you should do next. You see the kind of body language that other people miss.

Sagittarius

Nov. 23 - Dec. 21

It's not like you to withdraw into your shell but you may do so over the next 24 hours. That's OK. You have important issues to decide on and you won't think straight if there is too much noise around you.

Capricorn

Dec. 22 - Jan. 20

No matter how busy you may be work wise, make an effort to free up some time to spend with your loved ones. They are the people who really matter.

Aquarius

Jan. 21 - Feb. 19

A remark you toss out into the conversation may not be meant in a negative way but that's how one person may take it. If they do seem offended let them know that you meant no harm.

Pisces

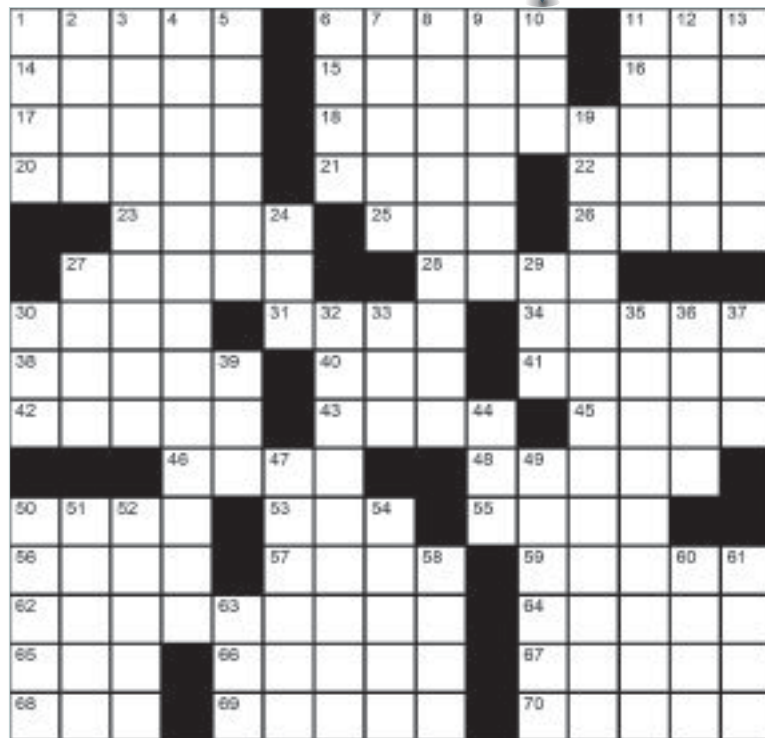
Feb. 20 - March 20

Something will happen today that makes you wonder if there is more going on behind the scenes. Make it your business to find out why certain people are acting so strangely—and use what you discover for your own advantage. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Crockett's "Miami Vice" partner
6. Mythological blood
11. Do
14. ___ ease (jittery)
15. Canadian specialty channel
16. ___ constrictor
17. Q. "John, George and Ringo ...who's missing?" A. "___, ___ think!"
18. Lawyer's briefcase items, briefly: 2 wds.
20. Fishhook line
21. Oohs' pals
22. Funny person
23. ___ buckle
25. Traveller's li'l way
26. Other
27. Archie's jalopy, Ol' ___
28. Furniture store
30. Jeanne ___
31. Actress Tara
34. Google service
38. "The Jetsons" character
40. Boot bit
41. Hog
42. Self-congratulatory exclamation!: 2 wds.
43. English river
45. Medieval chest
46. "No ___!" (Casual response to "Thanks.")
48. Flashlight precursor
50. Dad
53. Nothing
55. Certain currency
56. Cook's need



67. Country's Mr.

Adkins

68. Tricky

69. Publicity

70. Flower sort

Down

1. Points

2. Mongolia city, ___

Bator

3. Oxford, NS: The ___

Capital of Canada'

4. The 'Royal Win-

nipeg', for one, in

dance: 2 wds.

5. Neil Young band-

mate, Stephen ___

6. Island: Spanish

7. Exonerate

8. The Bay of Fundy

is world famous for

them: 2 wds.

9. Ric of The Cars

10. Fam. member

11. Heated up, as in

cooking

12. Ms. Chanel's

13. Preference

19. 'And Now the

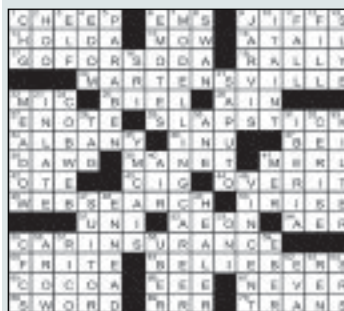
Legacy Begins'

Hip-Hop greats from

BY KELLY ANN BUCHANAN

- Toronto: 2 wds.
24. Norse god of strife
27. Community in The Muskokas in Ontario that has an annual cranberry festival
29. For instances, for short
30. Actress Susan
32. Where Mayor of Toronto Rob Ford was born
33. Promissory note
35. That which Canadian ace Billy Bishop had to engage in during WWI: 2 wds.
36. Length measure
37. Grassland
39. "___ Blues" by The Beatles
44. Printemps fol-lower
47. GM car safety system
49. Alanis Morissette's: "You ___ Know"
50. Showy showings
51. Be of service
52. A brother of Ron Weasley's in 'Harry Potter' books
54. 17th-century English composer, Henry ___
58. Scientific 'strands'
60. Immobilizing spray
61. Power [abbr.]
63. "Plush" rock gr.

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

4	1	6	2	3	8	5	7	9
5	9	3	6	7	1	4	2	8
7	2	8	9	5	4	1	6	3
3	7	5	4	8	6	9	1	2
8	6	1	5	2	9	3	4	7
9	4	2	7	1	3	8	5	6
1	3	7	8	6	5	2	9	4
6	8	4	1	9	2	7	3	5
2	5	9	3	4	7	6	8	1

	4		5					
		9		2				3
		7		1	6	8	5	
		6						2
	9	5		3		1	8	
4						9		
	1	4	2	6		3		
2				8		6		
				5			7	

Today

5°/-2°

Rain and snow

60%

Friday

7°/-2°

Rain

90%

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